



# Faith-Fueled Fat Loss – Week 3

## Move With Purpose

***Romans 12:1 – “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”***

### **Focus of the Week:**

This week is about redefining movement. Instead of using exercise to “fix” your body, you’ll learn to view movement as an act of worship, stewardship, and joyful strength. You’ll explore how purposeful movement — from strength training to walking with your kids — honors the body God gave you and helps you fulfill His calling with energy and confidence.

### **Weekly Habits:**

- ✓ Daily Bible Reading (see plan)
- ✓ Strength training 2–3x this week (Faithful 15 workouts or your own)
- ✓ Purposeful daily movement (walks, stretching, playing with kids)
- ✓ Movement reflection prayer (“Lord, help me move with purpose today.”)
- ✓ Body gratitude check-in (thanking God for one function your body performs)

### **What You’ll Gain This Week:**

- A biblical perspective on movement as worship, not punishment
- Confidence to move your body in ways that feel life-giving, not exhausting
- Motivation to stay consistent even when you’re not “feeling it”

Before you begin...

- How have I been viewing movement lately: punishment, pressure, or purpose?
- What kind of movement feels worshipful or joyful in this season?
- Where do I need to ask God to renew my mindset around exercise?



## Week 3 Bible Reading Plan — Move With Purpose, Not Pressure

This week, root your health journey in God's Word.

Each passage reminds you that movement, strength, and discipline are not about performance — they're about worship, obedience, and preparation for what God has called you to do.

Day 1: Romans 12:1 — Your body as a living sacrifice — worship through movement

Day 2: Psalm 18:32-36 — God arms you with strength and makes your way perfect

Day 3: Isaiah 40:29-31 — Renewed strength for those who wait on the Lord

Day 4: 1 Timothy 4:7-8 — Physical training has value — but godliness is eternal

Day 5: Proverbs 31:17 — She sets about her work vigorously — strong arms, strong purpose

Day 6: Colossians 1:11 — Strength that comes from God's glorious power

Day 7: Hebrews 12:11-13 — Discipline leads to righteousness — strengthen weak knees



### **Reflection Notes:**

- What verse stood out most to me this week?
- How is God redefining what strength looks like in this season?
- Where is He calling me to move with more purpose and less pressure?

Use this tracker to stay consistent with the core habits of faith-fueled movement. These are not boxes to check for perfection — they're small, meaningful ways to steward your health for God's glory. Check them off each day as you walk in obedience.

### **Habits to Track Each Day:**

1. 📖 Bible Reading — Complete today's passage from your reading plan
2. 🔍 Protein with Every Meal — Prioritize strength from the inside out
3. 🧘♀️ Strength or Purposeful Movement — 2–3 strength workouts this week, plus daily walks/stretching
4. 💧 Water First — Begin your day with hydration
5. 🙏 Movement Prayer — Pray this as you move:
6. "Lord, I offer this movement to You. Strengthen me for what You've called me to do."



Bible Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein Every Meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workout	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water First	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movement Prayer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## *Weekly Reflection:*

When did movement feel like worship this week?

What was the biggest mental or physical barrier I faced?

Where did I feel God strengthening me — physically or spiritually?

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## Lesson 2: Nourishing for Strength, Not Shrinking

### 🙏 Today's Anchor Verse:

**“She rises while it is still night and provides food for her household...” –  
Proverbs 31:15**

👉 **Don't forget: You are part of that household. Fuel your body like it matters — because it does.**

### 🍴 3-Day Meal & Movement Fuel Reflection

**Use this log to track what you ate and how you felt after — not to obsess, but to observe. Are you fueling enough to move with purpose? Are you noticing energy, cravings, or dips? Let this be a tool for awareness and growth.**



## 3-Day Meal & Movement Fuel Reflection



Day \_\_



**Breakfast:**

**What did I eat?**

**Did it include:**

☐ Protein ☐ Fiber-rich carb ☐ Healthy fat ☐ Color



**Energy level 1 hour later:**



**Energized**



**Okay**



**Crashing/tired**



**Lunch:**

**What did I eat?**

☐ Protein ☐ Fiber-rich carb ☐ Healthy fat ☐ Color



**Energy level 1 hour later:**



**Energized**



**Okay**



**Crashing/tired**



**Dinner:**

**What did I eat?**

☐ Protein ☐ Fiber-rich carb ☐ Healthy fat ☐ Color



**Energy level 1 hour later:**



**Energized**



**Okay**



**Crashing/tired**



**Notes or cravings today:**



**How did I honor God with my food today?**

# Weekly Strength Focus – Rooted & Ready

## **Why This Week Matters:**

This week, you're not just building muscle—you're strengthening your foundation. Your physical stability mirrors your spiritual stability. God calls us to be rooted, grounded, and prepared—physically and spiritually—for the tasks He's placed before us.

## **Focus Areas:**

- Form: Controlled reps, good posture, strong core
- Connection: Move in worship and gratitude
- Breath: Inhale peace, exhale striving

**Use this guide to track your workouts, note progress, and record how you feel each session.**



## **Form Reminder**

- Exhale as you push/lift, inhale as you lower
- Keep your core braced and spine long
- Quality over quantity—move with intention

## Reflection Prompt

“How did I show up in strength and surrender this week?”

“What do I need to release to move forward in faith next week?”



## **Faith Connection**

“So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.” — Colossians 2:6-7



# Strength Training Log

Week of: \_\_\_\_\_

Exercise	Muscle Group	Weight	Reps	Notes
EX. Squat	Lower Body	10	12	<i>Felt strong, go heavier next week</i>

“How did I show up in strength and surrender this week?”

“What do I need to release to move forward in faith next week?”